

This summer the Meadowlands Environment Center is pleased to present for your enjoyment its Senior Summer Program for 2006, “Renew Your Body, Mind, Soul and Senses”.

Every Tuesday, starting in June and ending in September, afternoon or evening programs are scheduled that will intrigue, energize and revitalize your spirit. There will be music, interactive programs and educational series that will leave you renewed and yearning for more.

MONTH	DATE	TIME	PROGRAM
JUNE	6	12:00-2:00 PM	Naturalistic Gardening
JUNE	13	12:00-2:00 PM	SEE the Meadowlands
JUNE	20	7:00-9:00 PM	Dick Meldonian & the Big Swing Jazz Band
JUNE	27	7:00-9:00 PM	Art of the Masters: Kandinsky
JULY	11	7:00-9:00 PM	Dance, Dance, Dance
JULY	18	7:00-9:00 PM	Sense-ational Memory!
JULY	25	7:00-9:00 PM	Jersey Sound
AUG.	1	7:00-9:00 PM	Digital Storytelling
AUG.	8	7:00-9:00 PM	Heartspace Yoga
AUG.	15	7:00-9:00 PM	Secrets of the Night Sky
AUG.	22	12:00-2:00 PM	4 Plus 2 Musical Group
AUG.	29	12:00-2:00 PM	Art of the Masters: Calder
SEPT.	5	2:00-4:00 PM	Nature Walk
SEPT.	12	12:00-2:00 PM	History of the Meadowlands
SEPT.	19	7:00-9:00 PM	Nouvelle Soul
SEPT.	26	7:00-9:00 PM	Cucina Italiana: The Italian Kitchen



Two DeKorte Park Plaza
Lyndhurst, NJ 07071
Phone: 201-460-4674
Fax: 201-842-0630

The Meadowlands Environment Center was formed to increase awareness and enjoyment of our vital ecosystem. The New Jersey Meadowlands Commission and Ramapo College of New Jersey entered into a partnership in 2003, to develop a comprehensive environmental education program for schools and the general public. Together, the New Jersey Meadowlands Commission and the experienced team of educators from Ramapo College encourage the use of the environment as a classroom, increase awareness of the resources of the Meadowlands, and help communities recognize the critical issues that affect the Meadowlands District.

Visit our website at www.njmeadowlands.gov/ec

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Meadowlands Environment Center
Two DeKorte Park Plaza
Lyndhurst, New Jersey 07071

Environment Center Hours:
Monday through Friday 9:00 a.m. - 5:00 p.m.
Saturday & Sunday 10:00 a.m. - 3:00 p.m.



Please contact the Meadowlands Environment Center offices at least one week prior to visiting to request disability related accommodations for equal access.

Trails Open Daily — weather permitting

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Summer 2006

SENIOR PROGRAM



A NEW JERSEY MEADOWLANDS COMMISSION FACILITY
Operated by
RAMAPO COLLEGE OF NEW JERSEY

Two DeKorte Park Plaza Lyndhurst, NJ 07071
Phone: 201-460-8300 Fax: 201-842-0630

BODY (Max Capacity 100)

Naturalistic Gardening Tuesday, June 6, 12:00 pm

Enjoy exploring the gardens of DeKorte Park with Rick Hild, a horticultural specialist with over twenty years experience. Observe how the landscape architects from the New Jersey Meadowlands Commission worked with the environment to create this beautiful park. And learn, from an expert, how to incorporate some of their ideas at your home.

Dance, Dance, Dance Tuesday, July 11, 7:00 pm

Be prepared to dance with Alexandra Stavrou, an international performer with over 35 years of experience. You will have a chance to warm up with “Ballin the Jack”, change gears to the “Charleston”, the “Easy Zorba” dance and many other group dances that will get your body moving!

Heartspace Yoga Tuesday, August 8, 7:00 pm

Heartspace Yoga is a gentle nurturing approach to the ancient art of yoga as presented by Amanda Montgomery, MSW, LCSW, a long time yoga practitioner and certified Kripalu Yoga Instructor. Participants will have the opportunity to experience the benefits of breathing and stretching, which quiet the mind, increase flexibility and promote relaxation. Appropriate for all ages and physical conditions.

Program Registration- 2 ways to register.

To register on-line:

1.) Log onto our website at www.njmeadowlands.gov/ec

2.) click on events

3.) then click on senior program

To register by mail:

Fill out this form and mail to: Summer Senior's Program

c/o Meadowlands Environment Center

Two DeKorte Park Plaza Lyndhurst, NJ 07071

For more information or questions about programs, call 201-460-4674.

No phone registration, please.

Program Choices

Please specify number of attendees, and if applicable their contact information, when registering below:

PROGRAM TITLE	JUNE	JULY	AUGUST	SEPTEMBER
BODY				
MIND				
SOUL				
SENSES				

Name:

Address:

City: State: Zip:

Home Phone: (required)

E-mail Address:

Cancellation Policy:

Please contact staff if you can not attend a program for which you have received a confirmation commitment. Individuals and parties who have not advised us 2 days prior of their inability to attend their program choice on two occasions will have all of their remaining registrations voided.

You will receive a confirmation number upon acceptance of your registration form. Enrollment is limited, please apply early.

BODY (Max Capacity 50)

Nature Walk Tuesday, September 5, 2:00 pm

Join us for an afternoon of history and discovery, with one of our environmental educators who will take you through a brief journey of the past and present of our beautiful Meadowlands. We will start off with a presentation and end our program with a 45 minute guided nature walk through DeKorte Park, so wear your comfortable shoes. This program is limited to 50 participants.

MIND (Max Capacity 100)

SEE the Meadowlands Tuesday, June 13, 12:00 pm

Get up close and see the Meadowlands without leaving the comfort of the Meadowlands Environment Center. Through a video presentation you will learn see; land and aquatic plants of the marsh; the results of a river seining; and animals that can be seen without a microscope. You will also learn about the marsh food web as we play the marsh “Web of Life Game”. This is a presentation of Project S.E.E.

Sense-ational Memory! Tuesday, July 18, 7:00 pm

Are you ready to experiment? Come have some fun with both your senses and your memories. Dr. Cherrie Kassem, a professor of Ramapo College and an expert in the study of the human memory, will show how sensory memory works and the ways to improve memory through sensory messages.

Secrets of the Night Sky Tuesday, August 15, 7:00 pm

Professional astronomer and Ramapo College professor, Dr. Richard Russo will share his secrets of past, ancient civilizations that relied heavily on the skies for survival. You'll learn of the Ancient Maya of Central America and see the jungles of Mexico and Guatemala, where you will observe the night sky on virtual pyramids and temples over 1000 years old. Participants will create a simple sundial to remember their experience.

History of the Meadowlands Tuesday, September 12, 12:00 pm

Join MEC staff for a lesson on the history of the Meadowlands and much more! You will gain an understanding of the Hackensack River and learn about the birds of the Meadowlands - the “migrants”, the “residents” and what they eat. The session concludes with the creation of pinecone bird feeders for participants to take home. This is a presentation of Project S.E.E.

SOUL (Max Capacity 250)

Dick Meldonian & the Big Swing Jazz Band Tuesday, June 20, 7:00 pm

Featuring Dick Meldonian and a 17-piece swing jazz band, this group of talented musicians is dedicated to keeping the big band sound alive and well. Come hear them play the sounds of Benny Goodman, Artie Shaw, Count Basie, Tommy Dorsey, Glenn Miller and the illustrious Duke Ellington.

Jersey Sound Tuesday, July 25, 7:00 pm

Jersey Sound, a band comprised of four vocalists and four musicians combine their distinctive blend of voices with accomplished instrumentation to create a sound that is one of a kind. The band will present their version of memorable music from the 50's, 60's, 70's and 80's.

SOUL (Max Capacity 250)

4 Plus 2 Musical Group Tuesday, August 22, 12:00 pm

Featuring Sal Verga and his Dixieland band, you will have your soul stirred with this talented ensemble of professional musicians. A Meadowlands Environment Center repeat performer, the group's popularity comes from its energetic renditions of a wide variety of infectious, toe-tapping music including New Orleans-style Dixieland Jazz.

Nouvelle Soul Tuesday, September 19, 7:00 pm

Experience the sounds of the music of the world with the quartet Nouvelle Soul. Led by Zilo Groove, a musician who grew up in several countries around the world, this quartet combines elements of dancehall, pop, jazz, afro-pop, funk and R&B.

SENSES (Max Capacity 100)

Art of the Masters: Kandinsky Tuesday, June 27, 7:00 pm

Join Creative Notions in the exploration of the life and works of Wassily Kandinsky, a Russian painter who is considered by many as the “father of abstract art”. The art of Kandinsky will be explored through a fascinating lecture incorporating both music and visual examples of his work. Participants will create 4 different paintings while listening to 4 styles of music. Participants will take home their artwork; their favorite piece will be framed for them.

Digital Storytelling Tuesday, August 1, 7:00 pm

Everyone has a story to tell. Whether it is how your family came to America or how you built a business from nothing but blood, sweat and tears - your story is an important legacy to share with others and leave for generations to come. This workshop introduces you to the concept of Digital Storytelling while reviewing the tools necessary to create your own digital story. All participants will receive a DVD with sample stories and a digital story starter kit.

Art of the Masters: Calder Tuesday, August 29, 12:00 pm

Join Gil Hawkins, the Artist in Residence at the New Jersey Meadowlands Commission, as he introduces us to the diverse work of internationally renowned artist, Alexander Calder. Calder was a prolific artist who worked in many different media, including painting a commercial jet liner, he is most known for his colorful mobiles and playful circus.

Cucina Italiana – The Italian Kitchen Tuesday, September 26, 7:00 pm

Who says gourmet Italian food has to be difficult to prepare? From our table to yours, this program will demonstrate how to prepare a variety of nutritious dishes, ranging from delicious appetizers to zesty salads. Learn how to use fresh and simple ingredients to create authentic Italian meatballs, bruschetta, and other family favorites. Bring your appetite and experience the tastes of Italy by sampling our family's specialties. Buon appetito!